



@seatpleasant1



@cityofseatpleasant



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*"A Smart City of Excellence"*

# Seat Pleasant News



## The 2017

### BLACK HISTORY MONTH PROGRAM

The City of Seat Pleasant held its Black History Month celebration on Saturday, February 25th at the Seat Pleasant Activity Center. At the event there were two guest of honor **Mr. Tommy Broadwater** and Councilwoman **Charl Jones**. Both honorees have played significant roles in serving the community of Prince George's County.

During the event we were blown away with the musical selection sung by **Ms. Brittney Wright** from **Community of Hope Church** in Temple Hills, MD. We were also honored with a wonderful play which starred **Ms. Gwendolyn Briley-Strand**. Ms. Briley-Strand is the founder and CEO of SEE The Fruits Inc., a company which uses the Arts to teach American History. She performed her one woman show "Harriett Tubman: The Chosen One. The one woman tour has been presented throughout the country at places such as The Smithsonian National Museum of American History in Washington D.C.



#### CITY OF SEAT PLEASANT

##### MAYOR

Eugene W. Grant

##### COUNCIL PRESIDENT

Reveral L. Yeargin

##### WARD I

Lamar Maxwell

##### WARD II COUNCILMEMBER

Aretha A. Stephenson

##### WARD IV COUNCILMEMBER

Charl Jones

##### WARD V COUNCILMEMBER

Gloria Sistrunk

##### AT-LARGE COUNCILMEMBER

Shireka McCarthy

##### AT-LARGE COUNCILMEMBER

Kelly Porter

##### ACTING CITY ADMINISTRATOR

Jeannelle Wallace

##### TREASURER

Robert L. Ashton

##### CHIEF OF POLICE

Devan Martin

##### DIRECTOR OF PUBLIC WORKS

Samuel Prue

##### DIRECTOR OF ECONOMIC DEVELOPMENT

Weyimi Ayu

##### CITY CLERK

Dashaun N. Lanham

##### DIRECTOR OF PUBLIC ENGAGEMENT

Sharron Lipford



## MARCH IS NATIONAL NUTRITION MONTH

It is a campaign that focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

[EatRightPro.org](http://EatRightPro.org)



## M-NCPPC FLAG FOOTBALL 2017

### ICFF-SAFE, SUPPORTIVE & RESPECTFUL COMMUNITY YOUTH SPORTS PROGRAM

Participants MUST be Prince George's County Residents

M-NCPPC Flag Football is the premier youth football league for boys and girls ages 6 to 14. The program provides young players a fun and exciting opportunity to engage in non-contact, continuous action while learning lessons in teamwork and physical fitness.

**WHO: BOYS & GIRLS AGES: 6 TO 14**

Player's age will determine the age group to which your child will be assigned.

AGES: 6-9 PLAY 5 ON 5 AGES: 10-14 PLAY 5 ON 5

Participants must register at the Community Center for which he or she wishes to play.\*\*\*

PLEASE note: Not all centers offer every age group. Mouth pieces are required to play.  
Coaches Meeting-April 26, 2017 at Sports and Learning Complex at 6:30pm.

1. Registration begins Saturday, March 4, 2017 and is on a first come, first serve basis.  
Practice begins the week of April 3, 2017.  
Games start on MAY 6, 2017.
2. Please bring the following documents to registration:
  - A. Birth Certificate or proof of age is required for registration
  - B. Valid Community Center ID Card
  - C. Registration fee of \$60.
3. At time of registration, participants will need:
  - A. Signed original Sports Program Conduct Regulations Form.
4. Team Assignment Process: Players are placed on teams as they register. First come, first served. Teams are limited to 10 players per team for 5 on 5.

SEAC, INC. PRESENTS



If you are a middle school or high school student in need of a prom gown or accessories join us at this event. If interested please register on Eventbrite & be sure to bring your student I.D.

**REGISTRATION IS FREE!!**

There will be vendors, gifts & raffle prizes! You don't want to miss this event.

**SATURDAY, MARCH 18TH, 2017 11 AM TO 4 PM**

**Location:**

Seat Pleasant Activity Center  
5720 Addison Road, Seat Pleasant MD 20743

For more information please visit [www.onceuponagown.org](http://www.onceuponagown.org)





*A Smart City of Excellence*

# SEAT PLEASANT DAY

SATURDAY, MAY 6TH

2017

**WE NEED YOU!!!**

To help us celebrate the biggest event of the year

**All NEW LOCATION for the Parade and Festival!!**

**There will be:**

**Basketball Tournament**

**Health Fair**

**Activities and Games**

**Entertainment**

**Food**

**And More**



**FOR VOLUNTEER OPPORTUNITIES**

**PLEASE CALL SEAT PLEASANT CITY**

**HALL AT**

**301-336-2600**

## YOUR MONEY

### YOUR GOALS

By attending these workshops community members will learn about resources needed to increase their financial and personal empowerment. The workshops will provide simple and easy-to-use-tools that will help the participants move toward financial stability and prosperity. Increased financial stability can provide individuals and families the ability to reach their financial and personal wellness goals.

**April**

5th

12th

19th

*At 6 pm*

Reserve your space starting  
*Monday, February 6, 2017*

Spaces are limited  
301-336-2600

Sharron.Lipford  
@seatpleasantmd.gov  
Tiffani.Darby  
@seatpleasantmd.gov

Seat Pleasant  
Activity Center  
5720 Addison Road  
Seat Pleasant, MD 20743

UNIVERSITY OF  
MARYLAND  
EXTENSION  
*Solutions in your community*

## Want to add more whole grains to your meals?

Change your cooking style to include more whole grains and boost the fiber content of meals. Partner whole grains — brown rice and vegetable stir-fry or a whole-wheat pita stuffed with salad. Fortify mixed dishes with high-fiber ingredients — try adding bran or oatmeal to meat loaf.

Looking for other ways to make half your family's grains whole?

- Start with breakfast. Choose a fiber-rich, whole-grain breakfast cereal, oatmeal or toast. Check the grams of fiber per serving; more fiber will keep you feeling fuller, longer.
- Choose whole grains over refined items when selecting breads, buns, bagels, tortillas, pastas and other grains.
- Experiment with different grains such as buckwheat, bulgur, millet, quinoa, sorghum, whole rye or barley. To save time, cook extra bulgur or barley and freeze half to heat and serve later as a quick side dish.

Enjoy whole grains as a snack. Three cups of whole-grain, air-popped popcorn contains 3.5 grams of fiber and only 95 calories. Also, try 100-percent whole-wheat or rye crackers.

## Staying Safe While Walking

Article by: Citizens for Public Safety Awareness Council

I (CPAC member) see a lot of residents walking in Seat Pleasant, people who may be going to the store, metro, a bus stop, exercising, or just on a nice walk through the neighborhood. This is a good thing and as Seat Pleasant becomes a smart city and continues to progress, I believe more and more people will realize the benefits of walking. In thinking about the fact that more people will be out, I ran across a few walking safety tips that I'd like to pass along to you.

1. Consider what you are wearing and choose clothes that drivers can easily see. Light or bright colors and reflective material are best. I've often driven down MLK Hwy at night and am amazed at the number of people who cross the street — not in a crosswalk — and wear dark clothes. Please know that drivers can't see you until we're right on top of you!
2. Use a crosswalk when you can and follow the traffic signals when crossing at street lights. Likewise, even though you may have the right-of-way in a crosswalk, be careful and walk like drivers don't know the rules. Many don't. Look for cars before crossing the street or stepping off a curb. If a car is coming, try to make sure they see you and, if you can, make eye contact with the driver.
3. Carry ID and a cell phone with you.
4. Walk facing traffic.
5. Pay attention to who is around you. Cross the street if you see potential trouble up ahead and if possible, turn around and go the other way. If you think someone is following you, make a mental note of the person — height, weight, race, gender, etc. If it's a car, the make/model, color, etc. If you think you're in any type of danger, don't hesitate to pull out your phone and call **911**.

Please tell CPAC about the issues you have in your neighborhood. We meet with the Seat Pleasant Police Department every month and will discuss your concerns with them; we'll do our best to fix your issues and make your quality of life better! Please email your ideas, comments, concerns, and suggestions to us at [cpac.seatpleasant@live.com](mailto:cpac.seatpleasant@live.com). We look forward to hearing from you! Like us on Facebook at **Seat Pleasant CPAC!**





## WARD V COUNCIL MEETINGS



Every second Monday  
From 9:30 am to 11:30 am

The next meeting date will be  
Monday , April 10th  
at

Seat Pleasant Activity Center  
5720 Addison Road , Seat Pleasant, MD 20743



Councilmember Gloria Sistrunk invites newly confirmed Chief of police, Devin A. Martin and Director of Public Engagement Sharron J. Lipford, to her monthly Ward V meeting at the Seat Pleasant Activity Center. They had the opportunity to engage and converse with Ward V residents about current and future initiatives. Councilmember Shireka McCarthy, Councilmember-At-Large was also in attendance showing support.

## Department of Housing and Community Development Bus Tour

The City of Seat Pleasant hosted a Bus tour for Department of Housing and Community Development on February 21st. The Tour hosted the Honorable Carol Anne Gilbert, Assistant Secretary for Neighborhood Revitalization and other staff members. Discussed on the tour were topics such as the overview of statistics of Seat Pleasant, the redevelopment of the Central Avenue and MLK Highway business districts, Seat Pleasants move towards becoming a Smart City, Seat Pleasants Innovation Village, vacant properties throughout the city, the importance of public/private partnerships and the importance of investments. Carol Gilbert and her team were pleased to be apart of the excellent direction the *"Smart City of Excellence"* is moving in.



## COMPROLLERS MEETING

Mayor Eugene W. Grant hosts a meeting with Maryland Comptroller Peter Franchot to discuss the Smart City initiative and partnership between the Office of the Comptroller and Seat Pleasant.

Below Mayor Eugene W. Grant hosts a meeting with Maryland Comptroller Peter Franchot to discuss the Smart City initiative and partnership between the Office of the Comptroller and Seat Pleasant.



Pictured from left to right: **Peter Franchot**, Maryland Comptroller, **Jean-nelle Wallace**, City Administrator, **Gloria Sistrunk**, Ward V Councilmember and Governmental Affairs Chairwoman, **Eugene W. Grant**, Mayor of Seat Pleasant, **Weyimi Ayu**, Director of Economic Development



### Anthony Biddix, Payroll Specialist presents the new automation system before the Mayor and Finance Committee.

The city of Seat Pleasant officials and staff continues to work diligently to provide services that are better, faster and more personalized through effective and efficient service delivery. Councilwoman Charl Jones, Chair of the Finance Committee along with her committee colleagues, the City Treasurer and Mayor Eugene W. Grant, listened to Mr. Anthony Biddix, Payroll Specialist. Mr. Biddix gave a thorough presentation on the new system to automate the Finance Department. Currently, the city's Finance Department is not automated and is desperately behind the times in managing the city's finances. Some of the features will include:

- General Ledger: will give the finance department new flexibility and visibility, richer reporting functionality, enhanced audit trails and new support for government financial management.
- Accounts Receivable: will bring the city's collections processes into the 21st century with an end-to-end AR experience for automating and streamlining every aspect of invoice delivery, credit terms and collections management.
- Accounts Payable: will automate and streamline AP and save time, improve control and increase productivity.
- Fixed Assets Management: will help the city improve the end-to-end lifecycle management for plant, property and equipment.
- Cash Management: will help the finance department monitor, predict and manage cash across all departments in real time.
- Payment Management: will assist in completing payment management solution that centralizes, streamlines and simplifies the city's payment needs.







## Mayor Grant invited to speak at Home Free USA

Mayor Eugene W. Grant was invited by Mrs. Marcia Griffin, Founder and President, as a guest speaker at Home Free USA located in Riverdale Maryland about why “the time is now” for homeownership. Mayor Grant, along with the Director of Economic Development Weyimi Ayu and the Director of Public Engagement Sharron Lipford, also had an opportunity to speak with James Griffin, COO and Acting CFO, about the benefits and opportunities for a partnership that HomeFree USA and the City of Seat Pleasant can have.



## SUMMER YOUTH EMPLOYMENT PROGRAM

The City of Seat Pleasant is now accepting applications for community students between the ages of 15 to 19 that would like to work within City Hall in the Summer of 2017. This will give students the opportunity to obtain work skills, acquire a responsible work attitude and learn good work habits. It is a chance for you to earn money while you learn about work.

**Applications accepted**

March 15th—May 1st

and are available at Seat Pleasant City Hall.

All students applying must reside in the City of Seat Pleasant.

**The following items are needed to officially complete your application:**

*(Proof of age, Social Security Card, Work Permit- (must obtain from school), Proof of Citizenship, Report Card– GPA must have at least a 2.5, Two letters of recommendation– one must be from a teacher or guidance counselor)*



[www.SeatPleasantMD.gov](http://www.SeatPleasantMD.gov)



## SEAT PLEASANT'S CONFIRMATION HEARING

### ***The City of Seat Pleasant Confirms City Administrator and Executive Team Members***

The City of Seat Pleasant, *A Smart City of Excellence*, held confirmation hearings for its Executive Team members on February 7 and 8, 2017 in the City Hall Council chambers. The Executive Team comprised of the City Administrator Jeannelle Wallace, Chief of Police Devan Martin, Public Works Director Samuel Prue, Economic Development Director Weyimi Ayu, and Public Engagement Director Sharron Lipford, were all confirmed by the City of Seat Pleasant Council. Prior to the confirmations, the City Administrator, Chief of Police, and Department Directors were serving in acting capacities for the City for approximately 120 days.

**The Mayor and City Council congratulates and welcomes to the Seat Pleasant family the City Administrator and Executive Team!**







## INVESTOR'S DAY EVENT

On February 28, 2017 the City of Seat Pleasant held it's very first Investor's Day. As the City is moving towards revitalization tackling issues such as real estate and retail investment, investor's from all over the country came together to listen to the Director of Economic Development, Weyimi Ayu. Mr. Ayu eloquently gave a presentation that captured the attention of all who attended, sparking a second Investor's Day just a week later. The Mayor's initiative of revitalization and growth for the city is becoming a reality with the help of the new relationships being made through networking.

## City Council Monthly Meeting & Legislation Action Office of the City Clerk

### **February 2017**

#### **Monday, February 6, 2017-Regular Work Session**

Ordinance O-17-14 Amendment of Fiscal Year 2016-2017 Budget for the Automation of the Finance Department and Budgeting for Outcomes 1<sup>st</sup> Reading

#### **Monday, February 13, 2017- Public Session**

Ordinance O-17-14 Amendment of Fiscal Year 2016-2017 Budget for the Automation of the Finance Department and Budgeting for Outcomes 2<sup>nd</sup> Reading **Approved 7-0-0**

The Meeting Minutes for the month of January were approved on February 13, 2017.

The City Council monthly meetings for the month of March will be on Monday, March 13, 2017 as the Regular Work Session at 5:00p.m. and the Public Session will be at 7:00p.m. All meetings are opened to the public with comments being taken in the Public Session.

Copies of legislation and approved meeting minutes can be found on the City's website [www.seatpleasantmd.gov](http://www.seatpleasantmd.gov) or by contacting the City Clerk Dashaun N. Lanham, CMC directly on 301-336-2600.

### **CITY OF SEAT PLEASANT ETHICS COMMISSION**

The City of Seat Pleasant is seeking interested parties for the Ethics Commission. In accordance with the Seat Pleasant City Code the duties of the Ethics Commission are listed below. The interested parties shall contact the City Clerk and **complete the application by Friday, March 31, 2017**

#### **§ 18-5. Ethics Commission.**

There is a City of Seat Pleasant Ethics Commission that consists of five members appointed by the Mayor and confirmed by the affirmative vote of a majority of the City Council.

All members must reside and be registered voters in the City when they are appointed and during their terms of office.

#### *Duties of the Ethics Commission:*

The Commission shall meet at the call of the Chairperson and at such other times as may be requested by the Mayor or the City Council.

- (5) Three members shall constitute a quorum for the transaction of business.
- (6) The board shall submit, not later than January 30 of each year, to the Mayor and to the City Council a report of its activities under this chapter covering the immediately preceding calendar year, including a summary statement concerning the nature of any complaints filed with it and its decisions and advisory opinions.

During the investigation or review of any violation or request for advisory opinion referred to the Commission and until a public hearing, if any, is held on the violation or request, the activities of all members of the Commission in connection with the investigation or review shall be conducted without publicity, and the Commission shall hold confidential any information related to the violation or request, including but not limited to the identity of the officials or employees involved, including the complainant, if any, and the official or employee requesting an advisory opinion, except that any information may be released at any time if its release has been agreed to, in writing, by the official or employee requesting an advisory opinion or by the official who has been alleged to be in violation of this chapter. Nothing in this subsection shall prevent the Commission from discussing and reviewing any and all matters with legal counsel advising the Commission.



## CITY OF SEAT PLEASANT PERSONNEL APPEALS BOARD

The City of Seat Pleasant is seeking interested parties to the Personnel Appeals Board. In accordance with the Seat Pleasant City Code the duties of the Personnel Appeals Board are listed below. The interested parties shall contact the City Clerk and **complete the application by Friday, March 31, 2017.**

### § 30-1. PERSONNEL APPEALS BOARD.

There is a City of Seat Pleasant Personnel Appeals Board that consists of five members appointed by the Mayor and confirmed by the affirmative vote of a majority of the City Council. A member of the Personnel Appeals Board shall not be an employee, elected or appointed official of the City of Seat Pleasant or a member of any other committee, board or subcommittee of the City.

All members must reside and be registered voters in the City when they are appointed and during their terms of office.

All submissions for consideration **MUST** be filed in the **office of the City Clerk**, Seat Pleasant City Hall, 6301 Addison Road, Seat Pleasant, Maryland 20743, Monday through Friday between the hours of 9:00 a.m. and 5:00 p.m.

## Processed Food: What's Ok and What to Avoid

While some processed foods should be consumed with caution, many actually have a place in a balanced diet. Here's how to sort the nutritious from the not-so-nutritious.

### What Is Processed Food?

"The term processed food includes any food that has been purposely changed in some way prior to consumption," says Torey Armul, MS, RD, CSSD, LDN, a spokesperson for the Academy of Nutrition and Dietetics. "It includes food that has been cooked, canned, frozen, packaged or changed in nutritional composition with fortifying, preserving or preparing in different ways." For example, Armul considers white bread refined since most of the healthy fiber has been removed during the processing. "Any time we cook, bake or prepare food, we're processing food. It's also the origin of the term 'food processor,' which can be a helpful and convenient tool for preparing healthy meals."



Processed food falls on a spectrum from minimally to heavily processed:

- Minimally processed foods — such as bagged spinach, cut vegetables and roasted nuts — often are simply pre-prepped for convenience.
- Foods processed at their peak to lock in nutritional quality and freshness include canned tomatoes, frozen fruit and vegetables, and canned tuna.
- Foods with ingredients added for flavor and texture (sweeteners, spices, oils, colors and preservatives) include jarred pasta sauce, salad dressing, yogurt and cake mixes.
- Ready-to-eat foods — such as crackers, granola and deli meat — are more heavily processed.

**The most heavily processed foods often are pre-made meals including frozen pizza and microwaveable dinners.**

### The Positives of Processed

Processed food can be beneficial to your diet. Milk and juices sometimes are fortified with calcium and vitamin D, and breakfast cereals may have added fiber. Canned fruit (packed in water or its own juice) is a good option when fresh fruit is not available. Some minimally processed food such as pre-cut vegetables are quality convenience foods for busy people.

The City of Seat Pleasant

City of Seat Pleasant

*"A Smart City of Excellence"*

Primary Business Address

6301 Addison Road

Seat Pleasant,

Maryland, 20743

Phone: 301-336-2600

Fax: 301-336-0029

We're on the Web!!

[www.SeatPleasantMD.gov](http://www.SeatPleasantMD.gov)



PRESORTED  
FIRST CLASS  
U.S. POSTAGE PAID  
PERMIT #235

## Processed Food: What's Ok and What to Avoid

CONTINUED from pg. 11

"The trick is to distinguish between foods that have been lightly processed versus heavily processed," says Armul. "Lightly processed foods include pre-cut apple slices, hard-boiled eggs, canned tuna and frozen vegetables. These are nutritious choices and can make healthy eating more convenient for busy people. Heavily processed foods can be recognized as food not in its original form, like potato chips and crackers, or food that is not naturally occurring, such as sodas, donuts, cookies and candy."



"Ultimately, you have to familiarize yourself with the Nutrition Facts Label and ingredient list," she says. "Do more cooking and food prep at home to maximize control over the food processing."

Article from [EatRightPro.org](http://EatRightPro.org)